

BUILD YOUR OWN



FISH

£8 / £2.5 extra scoop

CHICKEN

£7 / £2 extra scoop

VEG

£6.5 / £1.5 extra scoop

NO POKÉ

£5.5

1. CHOOSE YOUR POKÉ

Choose 1 or add an extra scoop



Miso salmon (GF)

Spicy tuna

Hoisin sesame roast chicken

Korean salmon ceviche (GF)

Naked tuna (Plain fish/GF)

Teriyaki glazed tempeh (V/VE)

Sesame tuna (GF)

Naked salmon (Plain fish/GF)

Sumac chickpea (V/VE/GF)

2. ADD SALADS

Choose up to 4 salads (5 if no poke)



Bean sprouts

Pickled ginger

Mango

Charred corn

Seaweed salad

Pineapple

Edamame

Sesame carrot

Shaved radish

Kimchi cucumbers

Sweet pickled beets

Shaved lemon fennel

Add **Kimchi** (+50p) or **Umami mashed avocado** (+75p) to any bowl

3. PICK A BASE

Choose 1 or go 50/50



Wholegrain sushi rice*

Courgetti & napa cabbage†

Coconut brown rice*

Vietnamese slaw†

* Dressed with unagi. † Dressed with vegan nuoc cham.

Gluten free unagi available on request, wasabi aioli is optional, vegan available on request.

4. THEN, PIMP IT!



Add an optional sauce then help yourself to crispy toppings at our free DIY toppings bar

Please ask if you have any dietary restrictions. All dishes contain sesame seeds.

Follow us on Instagram @lordsofpoke and tag your bowls #freshcuts #lordsofpoke

HOUSE BOWLS

Choose a bowl then pick your base



CALI (GF)

Miso salmon with mango, sweet pickled beets, charred corn and shaved radish

£8 / £2.5 extra scoop



LUCKY CLUCKER

Hoisin sesame chicken with edamame, kimchi cucumbers, bean sprouts and sesame carrot

£7 / £2 extra scoop



KOREAN BOWL (GF)

Korean gochujang salmon ceviche with kimchi, charred broccoli, shaved radish and bean sprouts

£8 / £2.5 extra scoop



THE LORDS (GF)

Sesame tuna with edamame kimchi cucumbers, pineapple and pickled ginger

£8 / £2.5 extra scoop



VEG OUT (V/VE)

Teriyaki tempeh & pickled shitake with edamame, seaweed salad, sesame carrot and shaved radish

£6.5 / £1.5 extra scoop

SPECIAL BOWL



VEGANUARY (V/VE/GF)

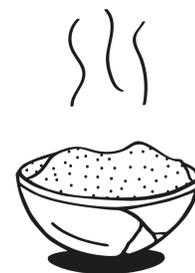
Sumac chickpea with cumin roast cauliflower, sweet pickled beets, sesame carrot and lemon shaved fennel

£6.5 / £1.5 extra scoop

Add **Kimchi** (+50p) or **Umami mashed avocado** (+75p) to any bowl

HOT FOOD

Served from 12pm - 3pm



Huli huli chicken

Hawaiian sweet soy chicken on rice with edamame, charred broccoli salad, pineapple, mouli and toasted sesame

£6.5



Kālua bowl

Hawaiian smoked pulled pork or jackfruit on rice with caramelised pineapple salsa, spring onions, house slaw, crispy onions and optional chilli or coriander

£6.5 pork / £6 jackfruit (v/ve)

MISO SOUP

House miso with tofu, wakame, spring onion and toasted sesame

£1.5 / only £1 with a bowl

ICE CREAM MOCHI

Little moons

Coconut
Raspberry
Mango

Chocolate genache
Sesame
Vanilla

£1.5 ea / £4 for 3

BREAKFAST

Made fresh to order, served from 8am - 11am

ACAI BOWLS

Açaí is good for your skin, heart, immune system, lowers cholesterol and helps promote weight loss. It's also a powerful energy booster so the perfect start to your day.

OUR BASE

Our açaí base is a blend of açaí, banana, strawberry, blackberry and almond milk. Each of our house bowls are then topped with delicious, healthy toppings and fresh fruit.



Morning glory

Raspberry, banana, almond butter and cacao nibs



Brain booster

Blueberry, banana, bee pollen, cacao nibs and peanut butter



Kick start

Kiwi, banana, chia seeds, toasted coconut and almond butter



Cholesterol killer

Strawberry, banana, flax seeds, chia seeds and honey

£5.5 each, all served with house granola / +50p to add hemp protein

TOASTS

Made fresh to order, served from 8am - 11am



Mashed avocado

Avocado mashed with lemon, salt and pepper on toasted sourdough with rocket and optional chilli

£4.5 / +50p to add feta

Almond butter banana

Sliced banana, almond butter and honey on toasted sourdough

£3.5

PBJ

Peanut butter, house strawberry jam on toasted sourdough

£2.5

SMOOTHIES

Made fresh to order, served all day



Banana

Banana, milk*, honey, yoghurt† and granola

£4.5 each / +50p to add hemp protein

Green detox

Banana, cucumber, apple, spinach, avocado and coconut water

Strawberry

Strawberry, milk*, yoghurt†, honey and chia

Blackberry

Strawberry, banana, blackberry, yoghurt†, milk*, honey and granola

* Milk - choice of almond, oat or whole milk.

† Yoghurt - choice of Greek or dairy free.

COFFEE



Volcano is a small batch, ethically traded coffee hand roasted in Brixton.

Flat white	£2.4
Latte	£2.4
Cappuccino	£2.4
Americano	£2
Cortado	£2.1
Espresso	£1.7
Matcha Latte	£

Fancy oat milk instead? It's on us.

TEA



Pukka create organic teas that combine nature's finest ethically sourced herbs.

English breakfast

Earl grey

Pukka tumeric gold

Pukka supreme matcha green

Pukka elderberry + echinacea

£1.5 each